



# Health Status in Alaska – Alaska's Top Behavioral Health Challenges

A Presentation and Discussion with the Alaska Health Care Commission

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# Behavioral Health is Essential to Health

- Almost 1/4 of all adult stays in US community hospitals involved mental or substance use disorders
- 83% of seriously mentally ill people are overweight or obese
- People with serious mental illness die prematurely
  - Expected life-span of 53
  - Shortened life-span of 27 years

# Behavioral Health is Essential to Health

- 44% of all cigarettes consumed in US are by people with a SUD or MI
- 5 conditions, mood disorders (depression and bi-polar disorders), diabetes, heart disease, hypertension and asthma represent 49% of total health care costs
- 43% to 80% of men and women in psychiatric hospitals have experienced physical or sexual abuse, most of them as children

# Behavioral Health is Essential to Health

- Medications, especially the atypical antipsychotic drugs, cause weight gain, neurological problems, glucose metabolism
- MH consumers have a higher prevalence of metabolic syndrome, liver disease, hypertension, dental disorders
- MH consumers have the lowest rate of use of preventive medicine and self-care

# Behavioral Health is Essential to Health

- People with MI have the lowest earning level and household income of any other disability group
- Approximately 90% of individuals who die by suicide had a mental disorder and 40% had visited their primary care doctor within the month – the question of suicide was seldom raised
- 94% of primary care physicians failed to diagnose substance use disorders properly

# Major Behavioral Health Impacts

- Family violence/adverse experience
- Alcohol and other drug abuse
- Suicide
- Mental health: depression and anxiety

# Alaska Screening Tool

## ALASKA SCREENING TOOL

Client Name: \_\_\_\_\_ Client Number: \_\_\_\_\_

Staff Name: \_\_\_\_\_ Date: \_\_\_\_\_

Info received from: (include relationship to client) \_\_\_\_\_

Please answer these questions to make sure your needs are identified. Your answers are important to help us serve you better. If you are filling this out for someone else, please answer **from their view**. Parents or guardians usually complete the survey on behalf of children under age 13.

### SECTION I – Please estimate the number of days in the **last 2 weeks**

(enter a number from 0-14 days):

**0-14 days**

1. Over the last two weeks, how many days have you felt little interest or pleasure in doing things?..... \_\_\_\_\_
2. How many days have you felt down, depressed or hopeless?..... \_\_\_\_\_
3. Had trouble falling asleep or staying asleep or sleeping too much?..... \_\_\_\_\_
4. Felt tired or had little energy?..... \_\_\_\_\_
5. Had a poor appetite or ate too much?..... \_\_\_\_\_
6. Felt bad about yourself or that you were a failure or had let yourself or your family down? ..... \_\_\_\_\_
7. Had trouble concentrating on things, such as reading the newspaper or watching TV? ..... \_\_\_\_\_
8. Moved or spoken so slowly that other people could have noticed?..... \_\_\_\_\_
9. Been so fidgety or restless that you were moving around a lot more than usual?..... \_\_\_\_\_
10. Remembered things that were extremely unpleasant?..... \_\_\_\_\_
11. Were barely able to control your anger? ..... \_\_\_\_\_
12. Felt numb, detached, or disconnected?..... \_\_\_\_\_
13. Felt distant or cut off from other people? ..... \_\_\_\_\_

### SECTION II – Please check the answer to the following questions based on **your lifetime**.

14. I have lived where I often or very often felt like I didn't have enough to eat, had to wear dirty clothes, or was not safe ..... ☐ Yes ☐ No
15. I have lived with someone who was a problem drinker or alcoholic, or who used street drugs ..... ☐ Yes ☐ No
16. I have lived with someone who was seriously depressed or seriously mentally ill ..... ☐ Yes ☐ No
17. I have lived with someone who attempted suicide or completed suicide ..... ☐ Yes ☐ No
18. I have lived with someone who was sent to prison..... ☐ Yes ☐ No
19. I, or a close family member, was placed in foster care..... ☐ Yes ☐ No
20. I have lived with someone while they were physically mistreated or seriously threatened..... ☐ Yes ☐ No
21. I have been physically mistreated or seriously threatened ..... ☐ Yes ☐ No
  - a. If you answered "Yes", did this involve your intimate partner (spouse, girlfriend, or boyfriend)? ..... ☐ Yes ☐ No

## ALASKA SCREENING TOOL

### SECTION III – Please answer the following questions based on **your lifetime**. (D/N = Don't Know)

22. I have had a blow to the head that was severe enough to make me lose consciousness ..... ☐ Yes ☐ No ☐ D/N
23. I have had a blow to the head that was severe enough to cause a concussion. ☐ Yes ☐ No ☐ D/N
- If you answered "Yes" to 21 or 22, please answer a-c:**
- a. Did you receive treatment for the head injury? ..... ☐ Yes ☐ No
- b. After the head injury, was there a permanent change in anything? ..... ☐ Yes ☐ No ☐ D/N
- c. Did you receive treatment for anything that changed? ..... ☐ Yes ☐ No
24. Did your mother ever consume alcohol? ..... ☐ Yes ☐ No ☐ D/N
- a. **If Yes**, did she continue to drink during her pregnancy with you? ..... ☐ Yes ☐ No ☐ D/N

### SECTION IV – Please answer the following questions based on the **past 12 months**.

25. Have you had a major life change like death of a loved one, moving, or loss of a job? .... ☐ Yes ☐ No
26. Do you sometimes feel afraid, panicky, nervous or scared? ..... ☐ Yes ☐ No
27. Do you often find yourself in situations where your heart pounds and you feel anxious and want to get away? ..... ☐ Yes ☐ No
28. Have you tried to hurt yourself or commit suicide? ..... ☐ Yes ☐ No
29. Have you destroyed property or set a fire that caused damage? ..... ☐ Yes ☐ No
30. Have you physically harmed or threatened to harm an animal or person on purpose? ... ☐ Yes ☐ No
31. Do you ever hear voices or see things that other people tell you they don't see or hear? ..... ☐ Yes ☐ No
32. Do you think people are out to get you and you have to watch your step? ..... ☐ Yes ☐ No

### SECTION V – Please answer the following questions based on the **past 12 months**.

33. Have you gotten into trouble at home, at school, or in the community, because of using alcohol, drugs, or inhalants? ..... ☐ Yes ☐ No
34. Have you missed school or work because of using alcohol, drugs, or inhalants? ..... ☐ Yes ☐ No
35. In the past year have you ever had 6 or more drinks at any one time? ..... ☐ Yes ☐ No
36. Does it make you angry if someone tells you that you drink or use drugs, or inhalants too much? ..... ☐ Yes ☐ No
37. Do you think you might have a problem with your drinking, drug or inhalant use? ..... ☐ Yes ☐ No

**THANK YOU** for providing this information! Your answers are important to help us serve you better.



# Alaska Screening Tool

Alaska Screening Tool (AST FY2011) Results from 2/2/2010 to 2/2/2011												
Agency	ASTs	Screening Outcomes										
		Substance	Mental Health				Dual	TBI	FASD	Adverse	Major Life	Intimate
		Abuse	Depression	Anxiety	Risk Self/Others	Trauma	Diagnosis			Experience	Change	Partner Violence
Total Counts	3,679	2,364	2,107	2,355	1,237	2,486	2,141	1,362	390	2,801	2,342	702
Total %		64.3%	57.3%	64.%	33.6%	67.6%	58.2%	37.%	10.6%	76.1%	63.7%	19.1%

# Family Violence

- 2010 Alaska Victimization Study
  - Uniform Crime Reports are not adequate because all police agencies do not report and information only includes *reported* rapes
  - 47.6% of adult women in Alaska experienced intimate partner violence in their lifetime – 9% in last year
  - 37% of adult women in Alaska experienced sexual violence in their lifetime – 4% in last year
  - 27% of adult women in AK experienced alcohol or drug involved sexual assault

# Adverse Childhood Experience

- Adverse Childhood Experience Study  
Vincent Felitti, MD  
Kaiser Permanente 1998
- Origin of study was obesity program with a high drop out rate in spite of successful weight loss
- 26,000 adults, 70% participation
  - 57 year old average age
  - 80% white included Hispanic
  - 74% college
  - 44% college grads
  - 50% men

## Questions – Exposure During Childhood or Adolescence to Any Category of ACE = 1 Point

1. Recurrent and severe physical abuse
2. Recurrent and severe emotional abuse
3. Contact sexual abuse
  - Growing up in a household with:
    4. An alcoholic or drug user
    5. A member in prison
    6. A mentally ill, chronically depressed, or institutionalized member
    7. A mother being treated violently
    8. Both biological parents not being present

## Findings


- ACE's are common though typically concealed and unrecognized
- ACE's still have a profound impact, 50 years later
- ACE's are the main determinant of the health and social well-being of the nation

# Correlates

- Smoking
- Heart disease
- Diabetes
- Obesity
- Unintended pregnancy
- Depression
- Suicide
- Alcoholism
- Injected drug use

# Alcohol and Other Drug Abuse

- Alcohol use, heavy drinking and binge drinking among adults and youth in AK are historically higher than national averages.
- Binge alcohol use in AK is among the highest in the nation.
- 8% of adults in AK use marijuana.
- 20% of adults ages 18-25 use marijuana.
- 25% of students in Grades 10, 11, and 12 use marijuana.

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- Alaska's drugs of choice (excluding tobacco) are alcohol, cocaine, methamphetamine, marijuana, and pharmaceuticals.




## Consequences

- Nearly 25% of all hospitalized injury patients had suspected or proven alcohol use injuries (unintentional injury is the 3<sup>rd</sup> leading cause of death in AK).
- Leading causes of premature death and years of potential life lost (chronic liver disease, cirrhosis, homicide, suicide and unintentional injury) are strongly associated with substance abuse.

# Suicide

- In 2000 the age-adjusted rate of suicide for all Alaskans was 21.2/100,000 (135 lives lost)
- In 2009 the aged-adjusted rate of suicide for all Alaskans was 20.2/100,000 (140 lives lost)
- The rate of suicides among Alaska Native people is two times that of non-native
- In 2009 twice as many non-native Alaskans (89) committed suicide as Alaska Natives (44)

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- Persons aged 15-24 and 25-29 had the highest rates of suicide (37.6 and 33.6 per 100,000 respectively).
  - 64 % of deaths are by firearm
  - Males (79%) complete suicide more often than females (21%) but females attempt more often

## Regional Rates

SUICIDE RATE PER 100,000

### Over 70

**Region 02:** Northwest Arctic Borough

### 50-70

**Region 03:** Nome

**Region 04:** Wade Hampton, Bethel

### 30-50

**Region 01:** North Slope Borough

### Less than 30

**Region 05:** Dillingham,  
Bristol Bay Borough,  
Lake and Peninsula

**Region 06:** Kodiak Island Borough

**Region 07:** Aleutians East Borough,  
Aleutians West

**Region 08:** Matanuska-Susitna Borough,  
Municipality of Anchorage,  
Kenai Peninsula Borough

**Region 09:** Valdez-Cordova

**Region 10:** Yukon-Koyukuk,  
Fairbanks North Star Borough,  
Southeast Fairbanks,  
Denali Borough

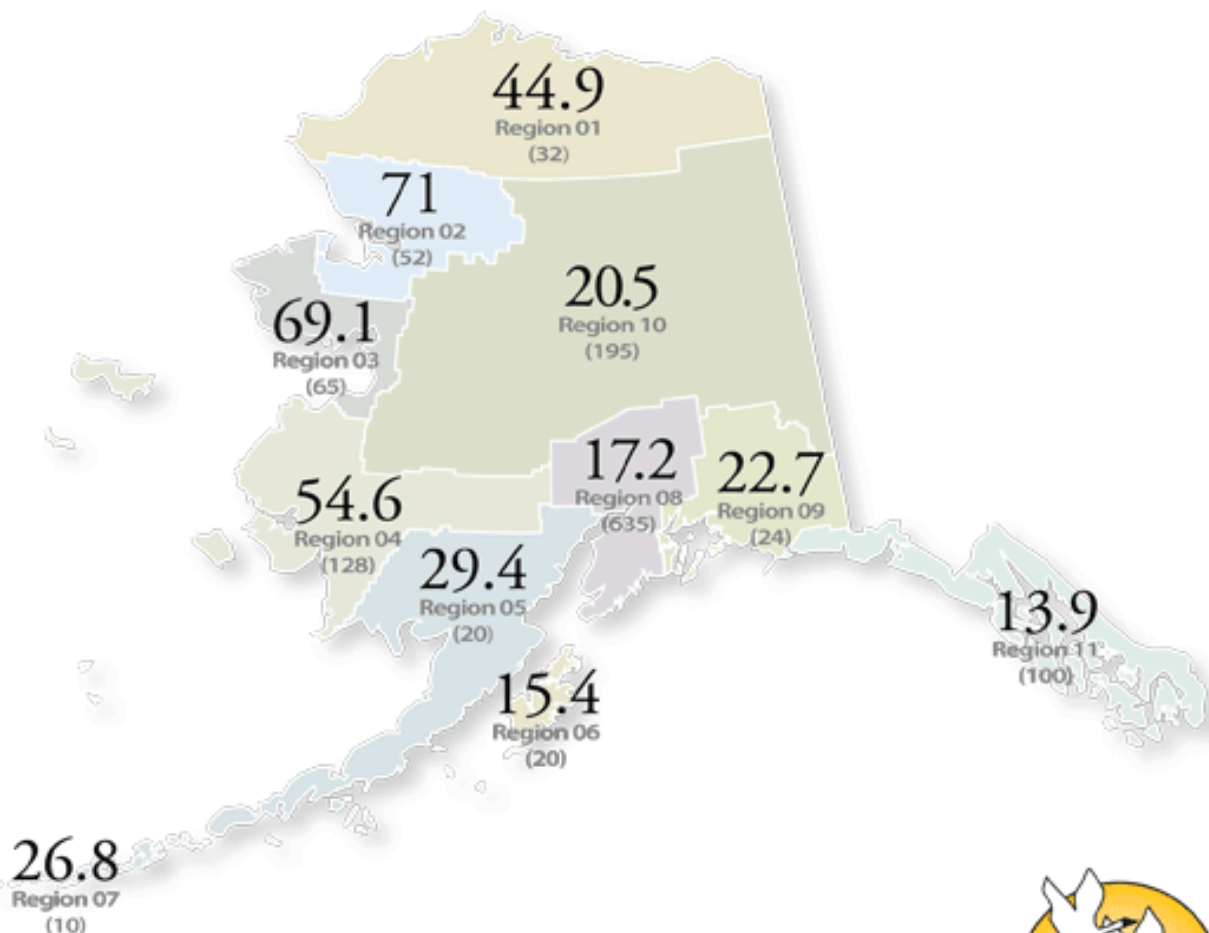
**Region 11:** Haines Borough,  
Juneau Borough,  
Ketchikan Gateway Borough,  
Sitka Borough,  
Wrangell-Petersburg,  
Prince of Wales-Outer Ketchikan,  
Skagway-Hoonah-Angoon,  
Yakutat Borough

## Statewide Totals

**20.5** RATE PER 100,000

(1281) TOTAL NUMBER OF SUICIDES

# Alaska Suicide Rates and Total Number of Suicides per Region 1998-2007




Statewide Suicide  
Prevention Council



# The Alaska Follow Back Study

## Contact with survivors

- Culture: For Native decedents, 77% participated in traditional Native ceremonies and 77% had a traditional Native name
- Religion: 71% had a religion; only 12% were active
- Employment: 54% stopped working during the last year (20% fired; 23% quit; 17% stopped for MH reasons)
- Financial: 46% were having serious financial problems

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- Mental health: 62% were taking prescription medications for mental health problems at the time of death
  - Mental health: 35% had a parent with a diagnosed mental illness
  - Mental health: 78% did not think they were getting the MH care they needed
  - Shame: 59% experienced an event that caused shame (financial, alcohol or drug problems, sexual-related, crime)

- Relationships: 57% were involved in a romantic relationship; 67% of those were having problems
- Abuse: 36% were abused as children
- Prior attempts: 51% had made previous attempts
- Hopelessness: 66% expressed thoughts of hopelessness or a wish to die
- Alcohol or other drug abuse:
  - 50% had a drinking problem in the past
  - 43% drank alcohol daily
  - 43% were binge drinkers in last month
  - 54% used marijuana in last year



# Mental Health: Depression and Anxiety

- Mentally ill elders
- People with complex co-occurring disorders



# FY10 BH Medicaid Claims

- Utilization review of BH services for Medicaid recipients in all provider settings
  - **Inpt institutional level of care** (public and private acute psych hospitals, RPTC, general private and Tribal hospitals)
  - **Outpt institutional care** (private and Tribal)
  - **Outpt clinics** (Tribal, FQHC, Rural Health)
  - **Community-based BH providers** (CMHC, physician MHC, SUD providers, BRS, Day Treatment, Psychologist)
  - **Other professional providers** (physicians/groups, NP, school based services)

# FY10 BH Medicaid Claims

	# Served	% Served of all MH Recipients	Encounters per client	Cost per client	Largest volume of encounter per age group
Other (physicians, nurse practitioners)	17,264	47.5%	6.26	\$722	9-21 yo
CMHC's	13,659	37.5%	39.3	\$9,042	9-21
IHS RHC	5,419	14.9%	2.5	\$784	22-64

# FY10 BH Medicaid Claims

**Age Group 22-64 accounts for 47% of all recipients served**

	# Served	Average # Encounters	Average Cost Per Client
Other	8,388	4.1	\$412
CMHC	5,290	29.5	\$4,170
IHS/RHC	3,286	2.67	\$782

**Age Group 9-21 accounts for:**

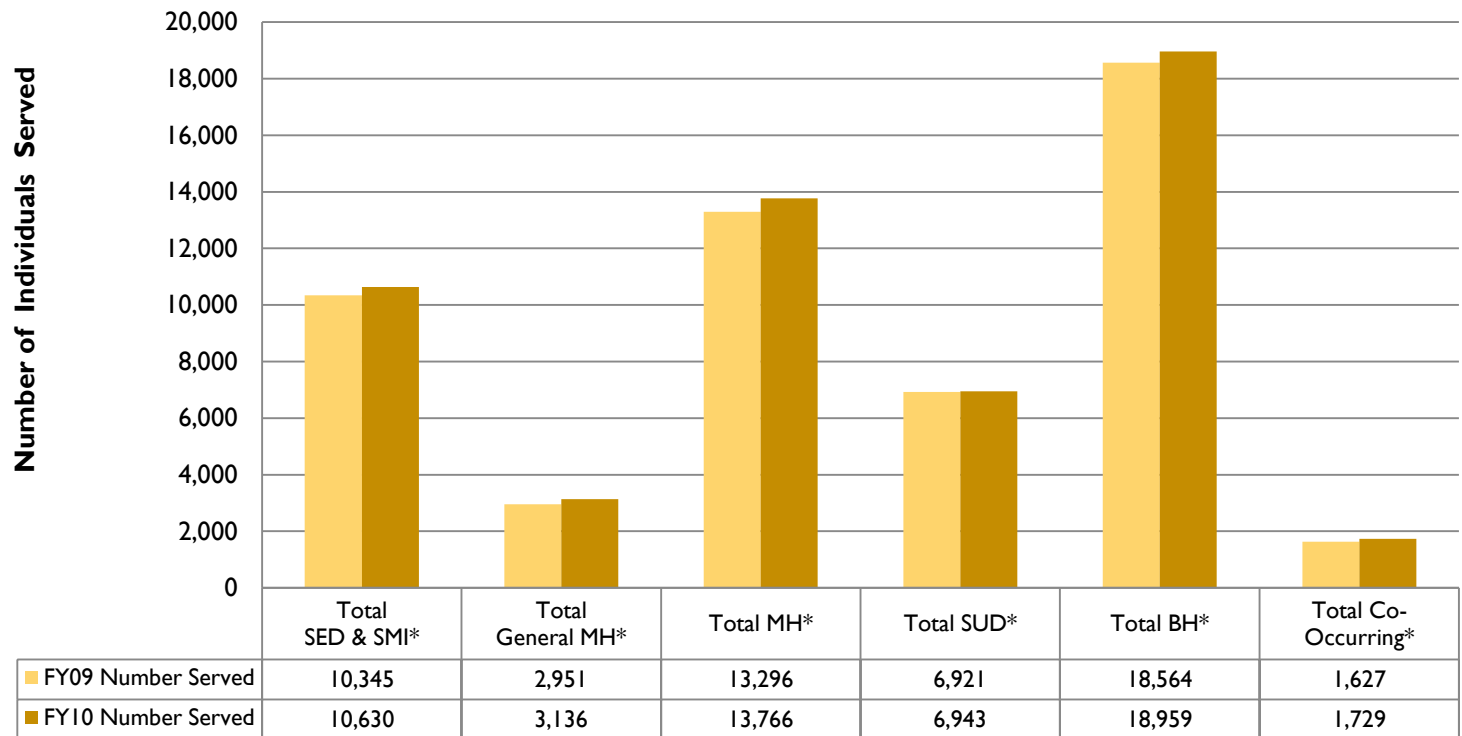
36% of all recipients served

58% of all expenditures

43% of all services

# What are we doing?

**FY09 and FY10 Unduplicated Count of Individuals Who Received Community-Based Behavioral Health Services**



# What are we doing?

- Family Violence/Adverse Experience
  - DVSA Initiative *Choose Respect*
    - Rural Pilot Projects
    - Trauma informed care training
    - Improve integration of BH and victim services
- Alcohol and other drug abuse
  - 5-year, \$10.7 million Strategic Prevention Framework State Incentive Grant
  - SAC Specialized Treatment Unit
  - Bethel Community Service Patrol + Sobering Center
  - Norton Sound Community Wellness Center

# What are we doing?

- Suicide

- Outreach and awareness

[www.stopsuicidealaska.org](http://www.stopsuicidealaska.org)

- Identification and early intervention

AK Youth Suicide Prevention Proj 3-yr \$1.5 million

- SEARHC
- Fairbanks Counseling and Adoption
- Central Kuskokwim (Akiachak, Akiak, Kwethluk, Tuluksak)

Gatekeeper Training

Signs of Suicide

Careline

MH First Aid

# What are we doing?

- Deal with historical trauma
- Means restriction
- Behavioral health services
- Coalitions, partnerships, advocacy
  - Statewide Suicide Prevention Council
- Postvention
- Mental health: depression and anxiety
  - API Metabolic Clinic
  - BH emergency services system review

# What more can we do?

## **Behavioral Health Impacts – Opportunities for Innovation**

- Family violence/adverse experience
  - Broaden screening
  - Trauma-informed care
- Alcohol and other drug abuse
  - SBIRT
- Whole health
  - Use of Peer Support Specialists
  - Care management



## What more can we do?

- Screening/early identification of BH needs
- Integration of primary care and behavioral health (effective coordination; increased access)